

Jointly presented by the Office of Developmental Programs (ODP) and the Office of Mental Health & Substance Abuse Services (OMHSAS) and supported by the Money Follows the Person grant funded by the Centers for Medicare and Medicaid Services

The Office of Developmental Programs and the Office of Mental Health and Substance Abuse Services are pleased to announce this statewide conference focused on building capacity to support the complex needs of individuals in the community.

WHO SHOULD ATTEND: Clinicians supporting individuals with complex needs.

WHERE & WHEN: The conference will be held Thursday, July 20 and Friday, July 21 at the Penn Stater Hotel and Conference Center, 215 Innovation Boulevard, State College, PA. A limited number of rooms are available at a discounted rate of \$119/night. The room block code will be provided in your registration confirmation email.

REGISTRATION: Online registration is now open and will remain available until Wednesday, July 12, 2017.

All attendees must pre-register to attend the conference.

- Visit <https://www.myodp.org/course/view.php?id=958> to register.
- Please note that you will need an account on MyODP in order to register for the conference and payment is made on an external site. Additional information about registration can be found on Page 5.
- **Seating is limited. Registration will be accepted on a first come, first serve basis.**

CONFERENCE FEE: The registration fee for this two-day conference is \$150. Registration includes lunch and break snacks. You will be able to pay for your conference registration online using a credit card or you may pay by company/agency check. Personal checks are not accepted.

KEYNOTE SPEAKERS:



Karyn Harvey, Ph.D. - Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 30 years. She has a master's degree in Clinical Psychology and a Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. Her first book, *Positive Identity Development* was published in 2009 and presents both theory and guidance for clinicians doing therapy with individuals with ID. Her second book, *Trauma –Informed Behavioral Interventions* was published in 2011 and presents a trauma- informed care approach to working with individuals with ID both programmatically and clinically. She is currently the Assistant Executive Director of Clinical Services for the Arc Baltimore. She also consults with various state and individual agencies as well as trains staff, administrators and clinicians on trauma-informed care throughout the country. In 2016 she received the Earl Loschen Award from NADD for Excellence in Clinical Practice.



Kimberly Sanders, M.S. - Kim Sanders, President of Ukeru Systems and Executive Vice President of Grafton Integrated Health Network (Grafton) has worked with children and adults with autism and other developmental disabilities for over 28 years, serving in a series of both direct care and leadership roles at Grafton facilities. She has presented at the national and international level on the Minimization of Restraint and Seclusion model, and is recognized as an innovator for moving towards a physical restraint free environment at Grafton.

SCHEDULE AT A GLANCE:

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| Thursday, July 20, 2017 | 7:30 a.m. – 9:00 a.m. | Registration; Coffee and Light Refreshments |
| | 9:00 a.m. - 9:45 a.m. | Opening Remarks and Welcome |
| | 9:45 a.m. – 12:00 p.m. | Keynote: Karyn Harvey, Ph.D. |
| | 12:00 p.m. – 1:00 p.m. | Lunch |
| | 1:00 p.m. - 2:30 p.m. | Concurrent Breakout Sessions |
| | 2:30 p.m. – 2:45 p.m. | Afternoon Snack Break |
| | 2:45 p.m. - 4:15 p.m. | Concurrent Breakout Sessions |
| Friday, July 21, 2017 | 7:30 a.m. – 8:30 a.m. | Registration; Coffee and Light Refreshments |
| | 8:30 a.m. - 9:00 a.m. | Announcements/Updates on MFP Initiatives |
| | 9:00 a.m. – 12:00 p.m. | Keynote: Kimberly Sanders, M.S. |
| | 12:00 p.m. – 1:00 p.m. | Lunch |
| | 1:00 p.m. - 2:30 p.m. | Concurrent Breakout Sessions |
| | 2:30 p.m. – 3:00 p.m. | Afternoon Snack Break |

SESSION DESCRIPTIONS:

Thursday, July 20, 2017

9:00 a.m. – 12 p.m.

Opening Remarks and Welcome

Presented by Gregory Cherpes, M.D. - Medical Director, Office of Developmental Programs; Nancy Thaler - Deputy Secretary, Office of Developmental Programs; and Ellen DiDomenico - Special Assistant to the Secretary, Department of Human Services/Office of Mental Health Substance Abuse Services

Keynote Address: *Trauma Informed Care for the Professional*

Presented by Karyn Harvey, Ph.D. - Assistant Executive Director of Clinical Services for the Arc Baltimore

Explore the causes of trauma for people with intellectual disabilities; it's biological, psychological and emotional effects and finally the key to recovery. The importance of safety, connection and empowerment will be explored along with the ultimate pursuit of happiness.

1:00 p.m. - 2:30 p.m. - Breakout Sessions (**Attendees select one session to attend**)

A1) A Behavioral Approach: Engaging an Individual's Care Network

Presented by Stacy Nonnemacher, Ph.D. and Michael Murray, M.D.

Individuals with complex needs often have multi-disciplinary teams in their care networks. Traditionally, behavioral assessment and data have been used minimally to guide treatment decisions, if at all. In this session, we will discuss the utility and merit of behavioral assessment and data in the work of engaged care networks to optimally support individuals achieve the best possible outcomes. Case examples will be shared to highlight the presenters' experience with effectively designing and utilizing behavioral assessment and data to achieve optimal outcomes.

A2) First Episode Psychosis

Presented by Jill Stemple and Irene Hurford, M.D.

Funded through the Community Mental Health Services Block Grant, First Episode Psychosis programming in Pennsylvania has grown from only two providers in 2014, to ten funded Coordinated Specialty Care Programs across the state for FY17-18. Jill Stemple will discuss FEP services in Pennsylvania, making referrals and initiatives to expand FEP further.

(First Episode Psychosis; Continued)

Dr. Irene Hurford will provide an overview of the Coordinated Specialty Care (CSC) Treatment Model being provided by her team at the Psychosis Education, Assessment, Care and Empowerment (PEACE) Program for individuals experiencing their first episode of psychosis. Outcome data from both the PEACE program and the Pennsylvania-wide Program Evaluation for FEP will be included, demonstrating the powerful outcomes of this service.

A3) Trauma Informed Behavioral Interventions

Presented by Karyn Harvey, Ph.D.

Reviews the sources of trauma for people with intellectual and developmental disabilities (IDD), the effects of that trauma and the ways in which staff and programs can assist individuals in trauma recovery. To begin with we will look at the many causes of trauma for people with IDD. Next we will explore the biological, psychological and psychiatric effects in detail. The actual symptoms of post-traumatic stress disorder and the ways in which these symptoms are manifested in people with IDD will be explored. Finally, the key ingredients for initial recovery from trauma will be discussed. This will be discussed in the context both of the power of positive regard and the positive identity development approach. Happiness and the pursuit of happiness will be discussed and the happiness assessment tool will be introduced.

2:45 p.m. - 4:15 p.m. - Breakout Sessions (Attendees select one session to attend)

A4) From the DSM-5 to the DM-ID-2: A Focus on Modified Diagnostic Criteria

Presented by Robert Fletcher, DSW

The DM-ID-2 was developed to facilitate an accurate psychiatric diagnosis in persons who have intellectual disability and to provide a thorough discussion of the issues involved in reaching an accurate diagnosis. The DM-ID-2 provides state-of-the-art information concerning mental disorders in persons with intellectual disabilities. Grounded in evidence based methods and supported by the expert-consensus model, DM-ID-2 offers a broad examination of the issues involved in applying diagnostic criteria for psychiatric disorders to persons with intellectual disabilities. This session will explore the six (6) different types of diagnostic modified criteria. Examples of how these modified criteria are applied to specific psychiatric disorders will be addressed.

A5) Supporting All Supporters

Presented by Beth Barol, Ph.D.

Burnout and rapid turnover undermine all of our best efforts to support people with dual diagnosis and challenging behaviors. The pain of loss and insecurity exacerbate the root causes of people's behaviors, creating a cycle of continued loss and abandonment. "Hanging in there" is a key principle of Positive Approaches, yet, what are we doing to promote supporters' ability to hang in there and find fulfillment in the face of challenges? How are we preparing people to understand root causes, particularly trauma, and how to support people through the healing process? We will address these issues and offer examples of daily practice to help the caregiver as well as the people they support.

A6) Trauma-Informed Residential and Clinical Supports: Ways to Make it Work

Presented by Doug Pickens, Cheryl Parker and Connie Romer-Quirin

The panel presentation highlights three different approaches to supporting people who have experienced trauma and mentoring supporters. Service delivery models used by the presenters include residential as well as clinical supports for people; developing and implementing behavior support plans; training/education/supervision for all team members; and working with people alongside their supporters (direct support professionals, supports coordinators, clinicians, and families) to ensure effective communication and coordination.

SESSION DESCRIPTIONS (CONTINUED)

Friday, July 21, 2017

8:30 a.m. – 12:00 p.m.

Announcements / Update on Money Follows the Person Initiatives

Presented by Gregory Cherpes, M.D.

Keynote Address: *Minimizing Physical Restraint and Seclusion: Safety You Can Count (On)*

Presented by Kimberly Sanders, M.S. – President of Ukeru Systems and Executive Vice President of Grafton Integrated Health Network

This presentation will fully describe the journey of one behavioral healthcare provider with a restraint and seclusion problem. Through an initiative to manage physically aggressive behavior safely without utilizing restraint or seclusion, a problem became an invention and an opportunity to assist other organizations/schools. The lessons that this industry leader learned can help other organizations across the country keep individuals and employees safe while providing effective treatment/education, trauma informed environments, and financial responsibility.

1:00 p.m. - 2:30 p.m. - Breakout Sessions (Attendees select one session to attend)

B1) *Families are Families: Resident Experts*

Presented by Nancy Ritchey and Crystal Karensak

Families with a dually-diagnosed family member are, first and foremost, families like everyone else. While the presence and nature of diagnoses, challenges and systems add a unique complexity and may vary widely, the journeys these families travel reveal more similarities than differences. Through their personal stories and experiences both as family members and as professionals in the field, the presenters will share some subtleties and perspectives that can strengthen trust and partnership with families, and support all family members to have high expectations for the best possible outcomes.

B2) *How to Encourage a Trauma Informed Workplace*

Presented by Kimberly Sanders

Let's talk about what is often the unspoken. These jobs are TOUGH. Everyday our employees are faced with situations that are mentally and often physically demanding. In our world, it is expected that employees will remain calm, cool, and collected in these demanding situations. It is possible, but it is easier when assisted by education and understanding in regards to trauma informed approaches and awareness of what WE bring to the situation related to our own life experiences.

B3) *Recovery, Resilience and Peer Support*

Presented by Denise Brown, Jessica Peacock and Mayme Carter

Peerstar employs certified peer specialists who support the mental health needs of individuals with a dual diagnosis by utilizing mental health recovery tools, assisting during transition and encouraging evidence based recovery tools such as Wellness Recovery Action Plans (WRAP). The Bradford/Sullivan County Intellectual Disability Program partnered with Main Link, a mental health agency to provide collaborative supports which produced significant positive clinical outcomes for dually diagnosed individuals. PCHC developed *Advanced CPS Training* to support individuals with intellectual disabilities and mental health challenges and were awarded a statewide grant to consider best practices in peer supports cross disabilities/cross systems.

ADDITIONAL REGISTRATION INFORMATION:

How do I register? For a printable version of the below information including screen shots [CLICK HERE](#).

- Login or create an account on www.MyODP.org.
- If you need to create an account, go to www.MyODP.org/login/index.php and follow the instructions on the page. Please note that account creation does require email validation. If you need assistance please contact support@myodp.org.
- Once logged in, navigate to Training > Dual Diagnosis > Dual Diagnosis Conference Registration > 2017 Pennsylvania Dual Diagnosis Conference. Or you can go directly to the course at the following link: <https://www.myodp.org/course/view.php?id=958>.
- Next, select "Enroll me"
- Once you've entered the course, choose "**Click Here to Register**" in the Registration block and this will take you to an external registration site to make your breakout selections and process payment.
- **You registration is not complete until you've paid for your conference registration on a credit card or indicated that you will be mailing a check.**

Payment Options: Participants have two options for how to pay for their registration. You may pay online using a credit card or you may pay by company/agency check. Personal checks will not be accepted.

- Checks should be mailed to The Columbus Organization, ATTN: DD Conference, 500 East Swedesford Road, Suite 100, Wayne, PA 19087.
- A copy of the registration confirmation(s) should be included with check payments to ensure payments are applied to the correct registrant.
- A copy of The Columbus Organizations W9 is available upon request if needed to process agency check payment by contacting Carmen Culver at cculver@columbus.org.

Cancellation Policy: The Pennsylvania Department of Human Services reserves the right to cancel or postpone the conference due to any unforeseen circumstances. In the event of a cancellation or postponement, DHS will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including cancellations costs incurred by hotels, airlines, or travel agencies. Individual participants must provide written notice of registration cancellation two weeks prior to the conference (subject to a service fee) in order to receive a refund. **If you need to cancel your registration, please email Carmen Culver at cculver@columbusorg.com.** No refunds will be granted after July 6, 2017.

CERTIFICATES:

Continuing Education credits are not available for the conference. Certificates of Achievement for general training credit hours will be available on MyODP.org by August 4, 2017. Participants will receive an email notification when certificates are available.

QUESTIONS?

If you have questions about conference content please contact Marlinda Smith at marlsmith@pa.gov. Questions related to registration should be directed to Carmen Culver at cculver@columbusorg.com or (610) 592-0292.